

ABSTRACT OF THE DISCLOSURE

Technology is provided allowing recording to be always conducted at the optimum laser power, regardless of the recording location on the disk. A target reflected light level (target B level) at which the optimum laser power is obtained is found by conducting test writing in a test write area, recording is started at an angular velocity corresponding to a linear velocity in the vicinity of the innermost periphery, and the rotation frequency is increased to a target rotation frequency, while controlling the laser power so as to obtain the target B level. Furthermore, the relation between the linear velocity and optimum laser power obtained at this time is recorded. The laser power may be also controlled so as to obtain the preset β value, instead of controlling the laser power so as to obtain the target B level.